

BRIEF AND EFFECTIVE INTERVENTIONS:
A SOLUTION-FOCUS FRAMEWORK

AN AFTERNOON WORKSHOP

SPONSORED BY: The Department of Social Work, RVH

PRESENTER: Frank D. Young Ph.D., C. Psych.

LOCATION: Main Lounge, Grey Nuns' Building HCH

TIME: Friday March 3, 1995, 13:00 - 16:30

TOPICS:

1. Reframing for Effective Intervening
Positive Connotation, looking for the pony,
Assumptions of competency, constraint, and
confidence to overcome the traps of
tradition.

2. Pattern Description and Definition
Recognition and joining
Defining solvable problems
Boundaries: who to involve, how, and when

Instilling hope, patterns of possibility.

3. Pattern Disruption

Stopping behavior timing and sequences

Rearranging meaning

Right-sizing the change

The difference that makes a difference

4. Building on Exceptions

Complimenting the complements of change

Amplifying change into a quantum leap

Solidifying, building resistance to relapse.

ABOUT THE PRESENTER: Frank D. Young, Ph.D., is a chartered psychologist in private practice in Calgary, Alberta. Formerly Senior Clinical Psychologist, Holy Cross Hospital, Calgary, Alberta. Faculty, Family Therapy Institute, HCH. Instructor, Canadian Society of Clinical Hypnosis. Sport Psychologist, National Coaching Certification Program. Editorial Advisory Board Member, Journal of Systemic Therapies. Approved Supervisor, American Association for Marriage and Family Therapy. Has published articles and presented numerous workshops on such topics as Ericksonian approaches in hypnosis and therapy, humor in therapy, eating disorders, imagery training, lucid dreaming, and mind state management. He has also authored and produced a series of audiotapes and programs for self-help in overcoming problems and expanding consciousness.

FOR MORE INFORMATION, CONTACT: